

**CLAIMS**

2 1. A beach mat comprising at least a torso and leg zone, said zones comprising a foam pads with a hinge securing the pads together a retention device for securing at least the torso zone and the leg zone together when stowed.

2 2. The beach mat according to claim 1 further including a deployable hood secured to one or more of said zones and foldable between said pads when said pads are stowed.

2 3. The beach mat according to claim 1 further including a head zone, a restraint to hold the head zone and torso zone partially open so that the head zone and torso zone together form a backrest.

2 4. The beach mat of claim 1, further including pad extensions connected by hinges to the pads, said pad extensions may be deployed by folding them at right angles to the pads to form a soft restraints for a person on the pad.

2 5. The beach mat of claim 1 wherein at least two of said pad have a rigid base over which foam is positioned and which are together surrounding by a fabric cover.

2 6. The beach mat of claim 2, wherein said deployable hood may be extended from the head zone on extension struts.

2 7. The beach mat of claim 6, wherein said extension struts are received in channels in along the sides of the head zone.